



COOKING WITH

CUCUMBERS

ABOUT CUCUMBERS

- The term “cool as a cucumber” is actually derived from the cucumber’s ability to cool the temperature of the blood.
- Out on a date and realize that you forgot gum or breath mints? Relax! Ask your waiter for some sliced cucumber with your meal. Take a slice and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath. The phytochemicals will kill the bacteria that are responsible for causing bad breath.
- Cucumbers are about 95 percent water.

EXTENDING THE SHELF LIFE OF CUCUMBERS

- Store cucumbers whole and unpeeled to keep them from going bad.
 - Cucumbers do not freeze well, but you can store them in the fridge. Just make sure to not rinse them with water before you put them in the fridge.
 - Do not store next to fruits, this will cause cucumbers to rot faster.
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TURKEY & CUCUMBER SANDWICH

SOURCE: whatscooking.fns.usda.gov/recipes/myplate-cnpp/turkey-and-cucumber-sandwich

INGREDIENTS

- 4 slices whole wheat bread
- 4 slices white bread
- ½ cup plain fat free yogurt
- 2 teaspoons fresh dill, chopped or 1 teaspoon dried dill
- ½ cup cucumbers, chopped
- ¼ cup onion, chopped
- ⅛ teaspoon black pepper
- 8 ounces turkey breast, thinly sliced
- Additional cucumber slices, as desired
- ⅛ teaspoon salt (optional)

INSTRUCTIONS

1. Mix the yogurt, dill, onion, pepper and chopped cucumbers.
2. Divide the yogurt/cucumber mixture on all 8 slices of bread.
3. Top the whole wheat bread with turkey and cucumber slices.
4. Cover with the white bread slices.

Nutrition Facts

Amount Per Serving

Serving Size: 1 sandwich

Calories 30

% Daily Value*

Total Fat 1g

Cholesterol 10mg

Sodium 250mg

Potassium 0mg

Total Carbohydrates 1g

Dietary Fiber 0g

Sugars 0g

Protein 6g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

*Based on a 2,000 calorie diet



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